

## CLAIMS

### What is claimed is:

1. A treadmill comprising:  
support structure configured to be freestanding and having feet means for positioning  
on a support surface and having an upright structure extending upwardly from  
said feet means;

5 a tread base having a left side, a right side, a front, a rear and an endless belt  
positioned between said left side and said right side, said tread base being  
connected to said support structure to be reorientable between a first position  
in which said endless belt is positioned for operation by a user positioned  
thereon and a second position in which said rear of said tread base is  
10 positioned toward said upright structure.

2. A treadmill of claim 1 wherein said upright structure includes a right  
upright member and a left upright member.

15 4 3. The treadmill of claim 2 wherein said tread base has a front portion  
extending from said front to a position about midway between said front and said  
rear, and wherein said front portion of said tread base is rotatably attached to said  
support structure to rotate about a base axis.

20 4. The treadmill of claim 3 wherein said tread base has mass means and a  
center of gravity and wherein said tread base is formed with the mass distributed and  
configured to position said center of gravity above the base axis.

25 B 5. The treadmill of claim 4 wherein said treadmill base includes a front  
roller connected to and between said left side and said right side, wherein said endless  
belt is trained about said front roller, and wherein torque means is connected to said  
front roller to supply rotational torque thereto, said torque means being positioned  
between said base axis and said front.

6. The treadmill of claim 5 wherein said torque means is an electric motor.

7. The treadmill of claim 6 wherein said torque means is a flywheel.

8. The treadmill of claim 7 wherein said front roller rotates about said base axis.

9. The treadmill of claim 5 wherein said feet means includes a left foot mechanically associated with said left upright member and a right foot mechanically associated with said right upright member, and wherein said left foot and said right foot are sized to define a foot print to independently and stably support said tread base in said first position, in said second position and when moving thereinbetween.

10. The treadmill of claim 9 wherein said left foot is an elongated member and said right foot is an elongated member spaced from said right foot and in general alignment therewith.

11. The treadmill of claim 10 wherein said feet means includes a front support member connected to and between said left foot and said right foot and a rear support member connected to and between said left foot and said right foot and spaced from said front support member.

12. The treadmill of claim 11 wherein said support structure includes a cross member extending between and connected to said left upright member and said right upright member.

13. The treadmill of claim 12 wherein said left upright member and said right upright member each have upward distal ends and wherein said cross member is connected proximate said distal ends.

14. The treadmill of claim 13, wherein said treadmill further includes latching means adapted to said tread base and said upright structure, said latching means being operable to attach said tread base in said second position to said upright structure.

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15. The treadmill of claim 2 further including a left rigid handle pivotally connected to said left upright member and positioned for grasping by a user positioned on said endless belt with said tread base in said first position and a right rigid handle pivotally connected to said right upright member and positioned for grasping by a user positioned on said endless belt with said tread base in said first position.

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*Sub B3*  
16. The treadmill of claim 2, wherein a left handle is attached to said left upright to be graspable by a user on said endless belt in said first position and wherein a right handle is attached to said right upright to be graspable by a user on said endless belt in said first position.

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<sup>15</sup>  
~~17~~. The treadmill of claim <sup>14</sup>~~16~~, wherein said left handle and said right handle each have a first portion that extends from said left upright and said right upright respectively toward said rear when said tread base is in said first position.

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<sup>16</sup>  
~~18~~. The treadmill of claim <sup>15</sup>~~17~~, wherein said left handle and said right handle each have a second portion connection to said first portion and extending downwardly toward said feet means.

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<sup>17</sup>  
~~19~~. The treadmill of claim <sup>16</sup>~~18~~, wherein said left handle and said right handle each have a third portion connected to said second portion to extend toward said left upright member and said right upright member.

<sup>18</sup>  
~~20.~~ The treadmill of claim ~~16~~, further including a left rigid movable handle rotatably attached said left upright member and a right rigid movable handle rotatably attached to said right upright member.

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